

Wails From the Field: Stress Related Symptoms in TPP Participants in New Orleans

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Set, Sustain: Continuing Our Success
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Disclaimer

- New Orleans-based not-for-profit organization established in 1993.
- Mission- To improve the physical, mental, and spiritual health and quality of life for women of color and their families.
- Translational public health organization.
- IWES utilizes a “participatory action research” (PAR) philosophy as the conceptual framework underlying its programs.

Institute of Women & Ethnic Studies (IWES)

- Began in 2010
- Funded through the Office of Adolescent Health
- A CDC 8 module, evidence-based, intervention for HIV and pregnancy prevention.
- African-American and Latino youth ages 11-14 (actual 11-16)
- 2012: Believe in Youth NOLA (BY! NOLA!)
- Implemented in schools, churches, summer programs and community-based organizations throughout Orleans Parish

BY! NOLA! Background

- Addition of 2 mental health modules following the 8 sexual health modules
- Implementation of Emotional Wellness screener prior to mental health modules
- Compiled by board certified psychiatrist, Shervington M.D., using evidence-based batteries
- Comprised of 25 items and screens participants for the following:
 - Post-traumatic Stress Disorder
 - Depressive symptoms
 - Suicide ideation
 - Exposure to domestic, community and/or Inter-partner violence
 - Abuse and/or neglect
 - Stress
 - Anxiety/worry

Mental Health modules and Emotional Wellness Screener

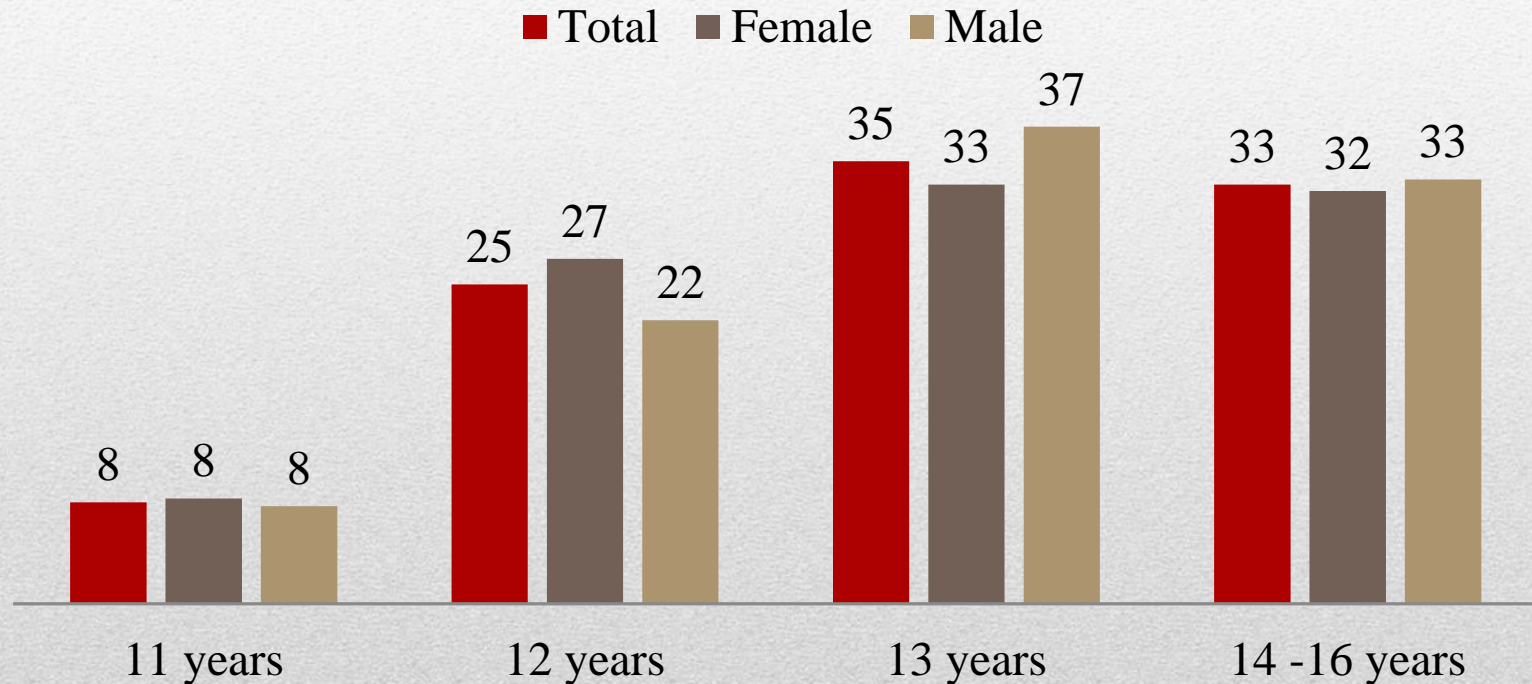
IWES's psychiatrist and/or licensed masters social worker provide services through IWES' Collective for Healthy Community (CHC) post-disaster program, including:

- A crisis assessment to determine lethality
- Referrals to school mental health staff
- Collaboration with school mental health staff to identify therapeutic interventions
- Referrals into behavioral health services

BY! NOLA! & CHC Collaboration

- N= 472 students (57.2% female; 42.8% male)
- Grades 4th -11th

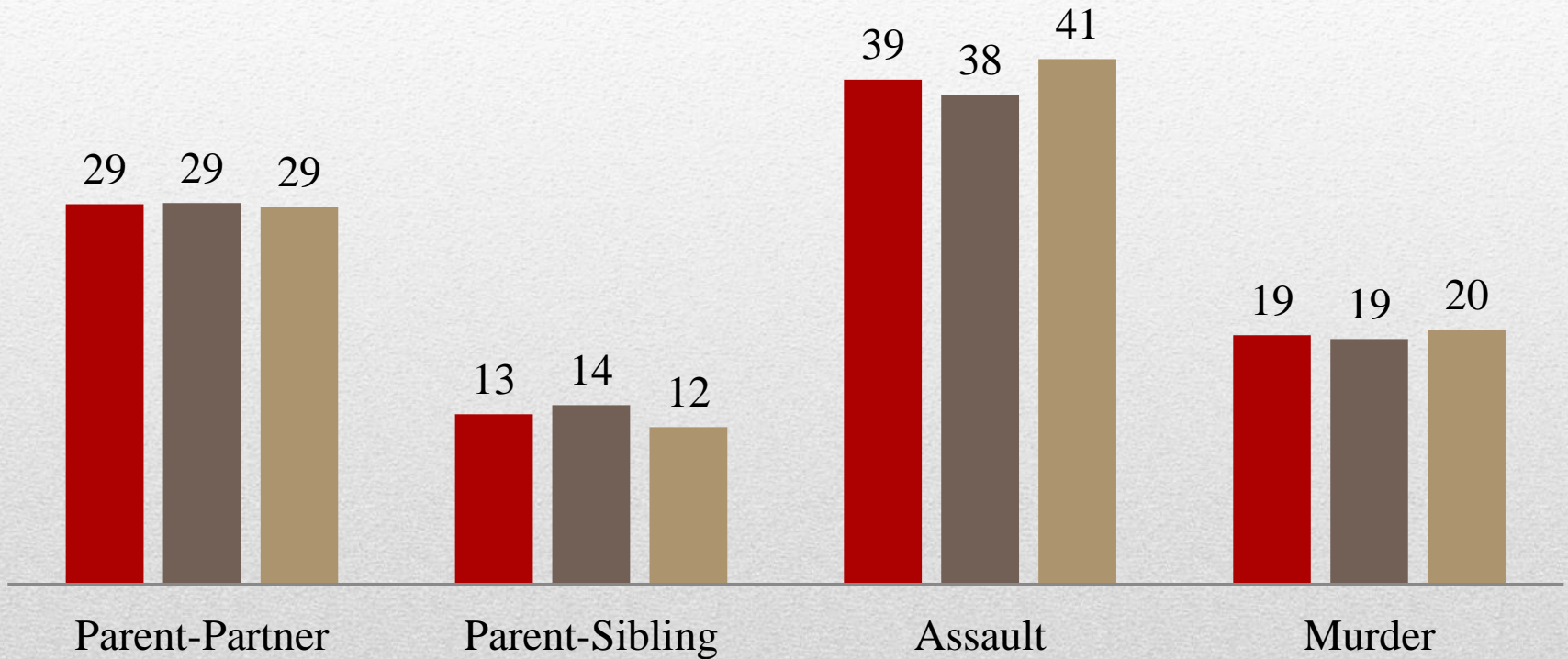
% in age group by gender



Sample Description

% reported

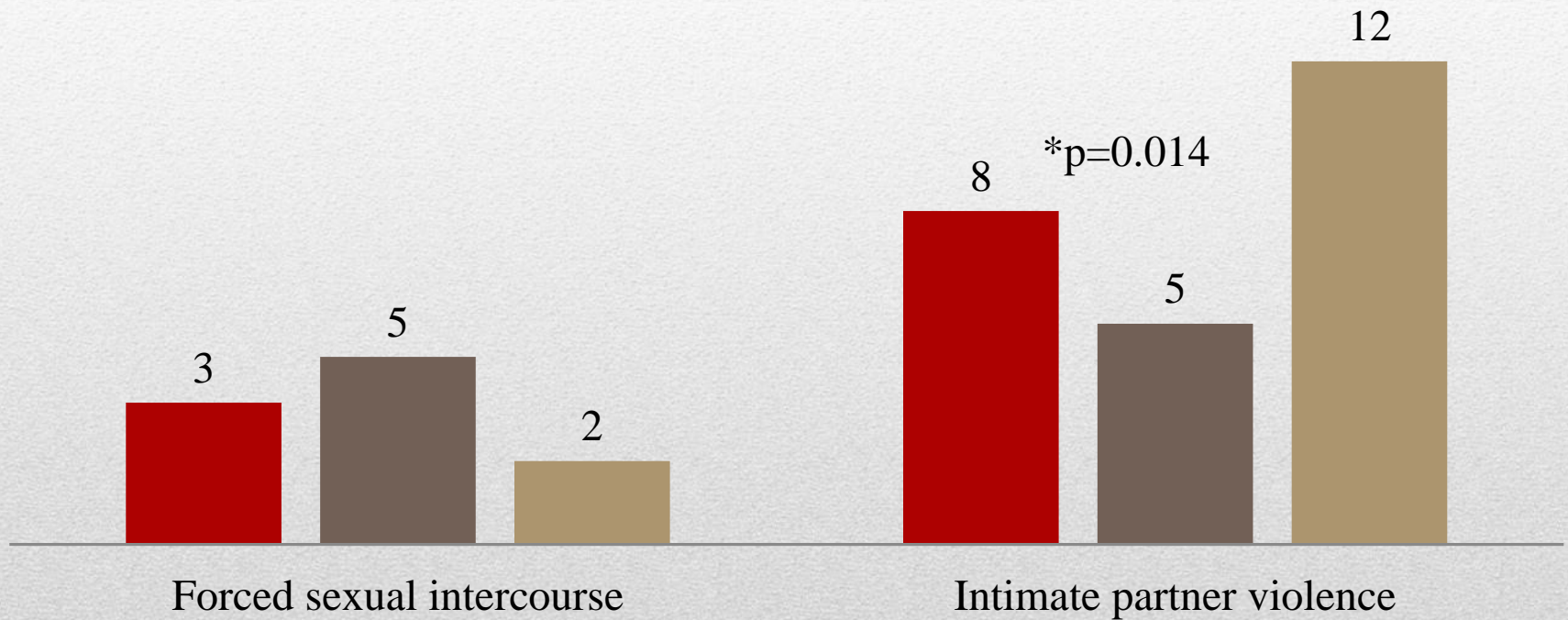
■ Total ■ Female ■ Male



Witnessing Violence

% reported

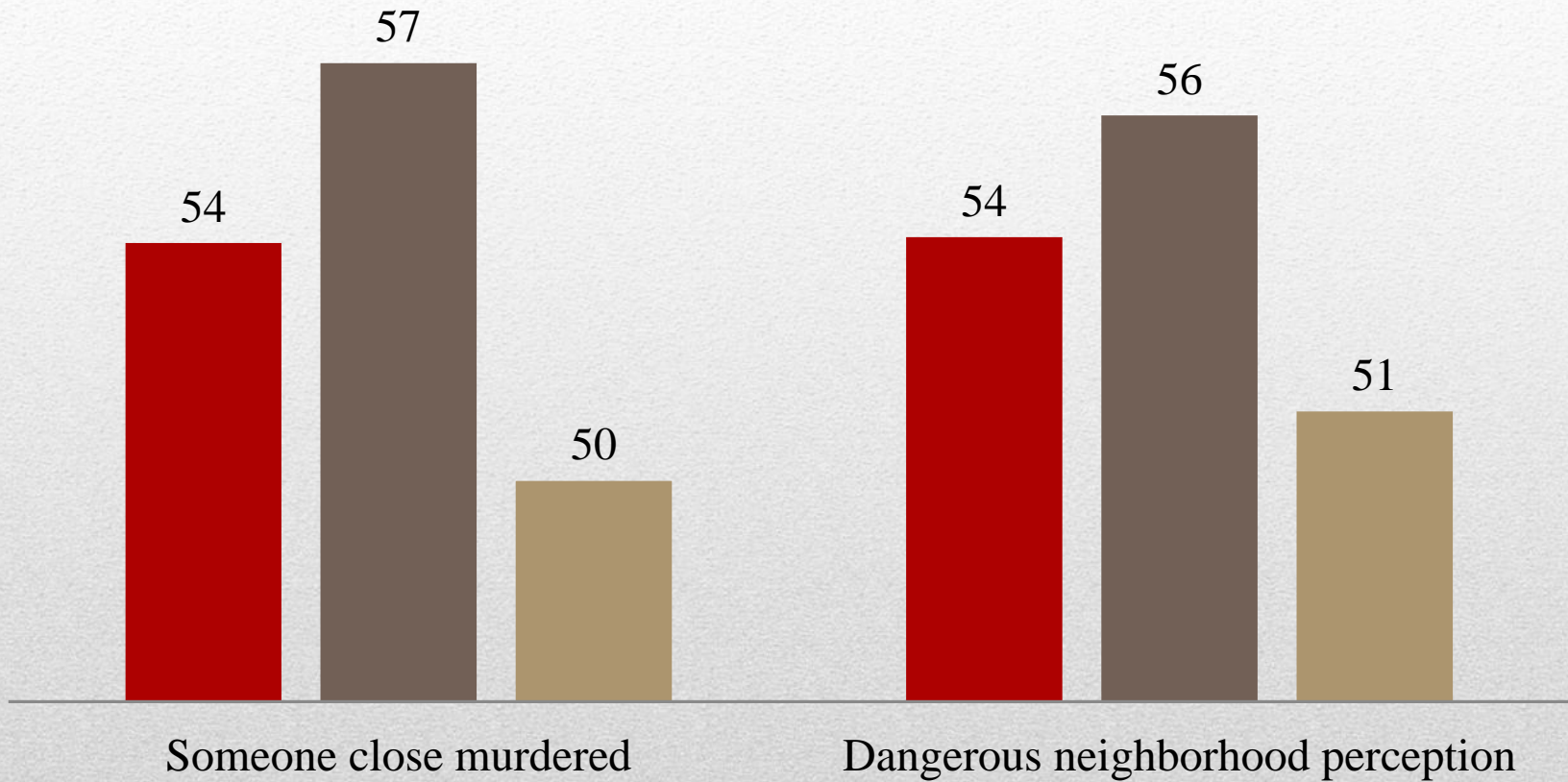
■ Total ■ Female ■ Male



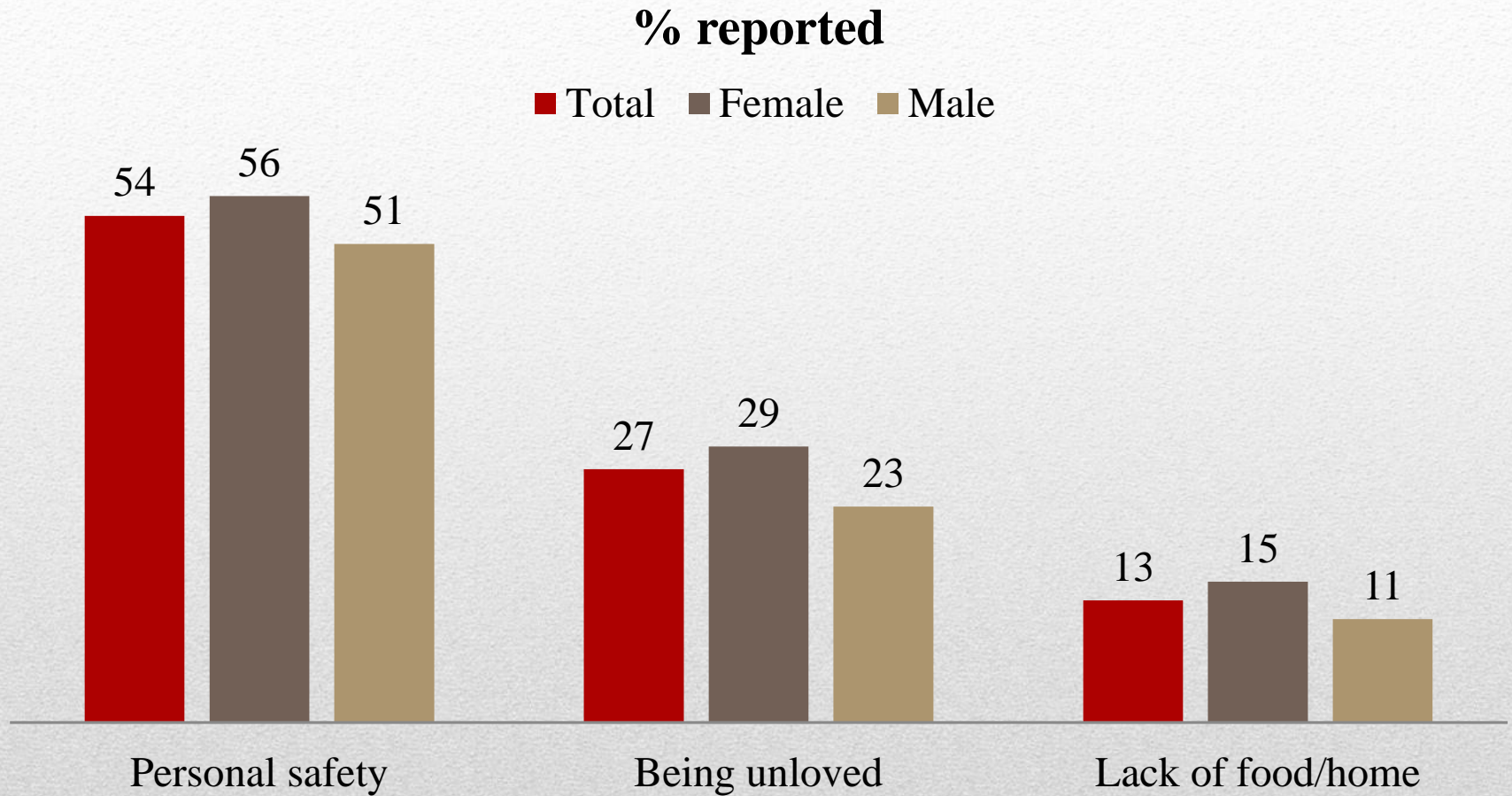
Victimization

% reported

■ Total ■ Female ■ Male



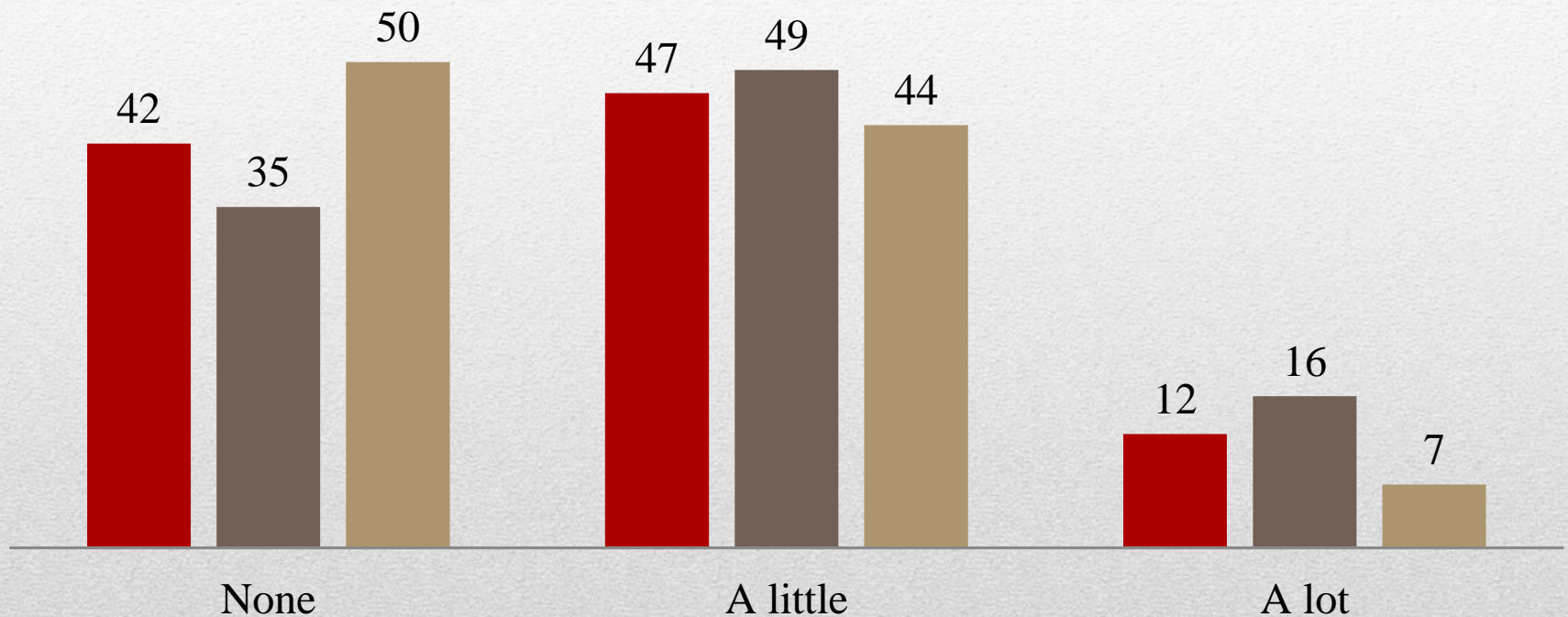
Context to violence



Source of worry

% reported

■ Total ■ Female ■ Male

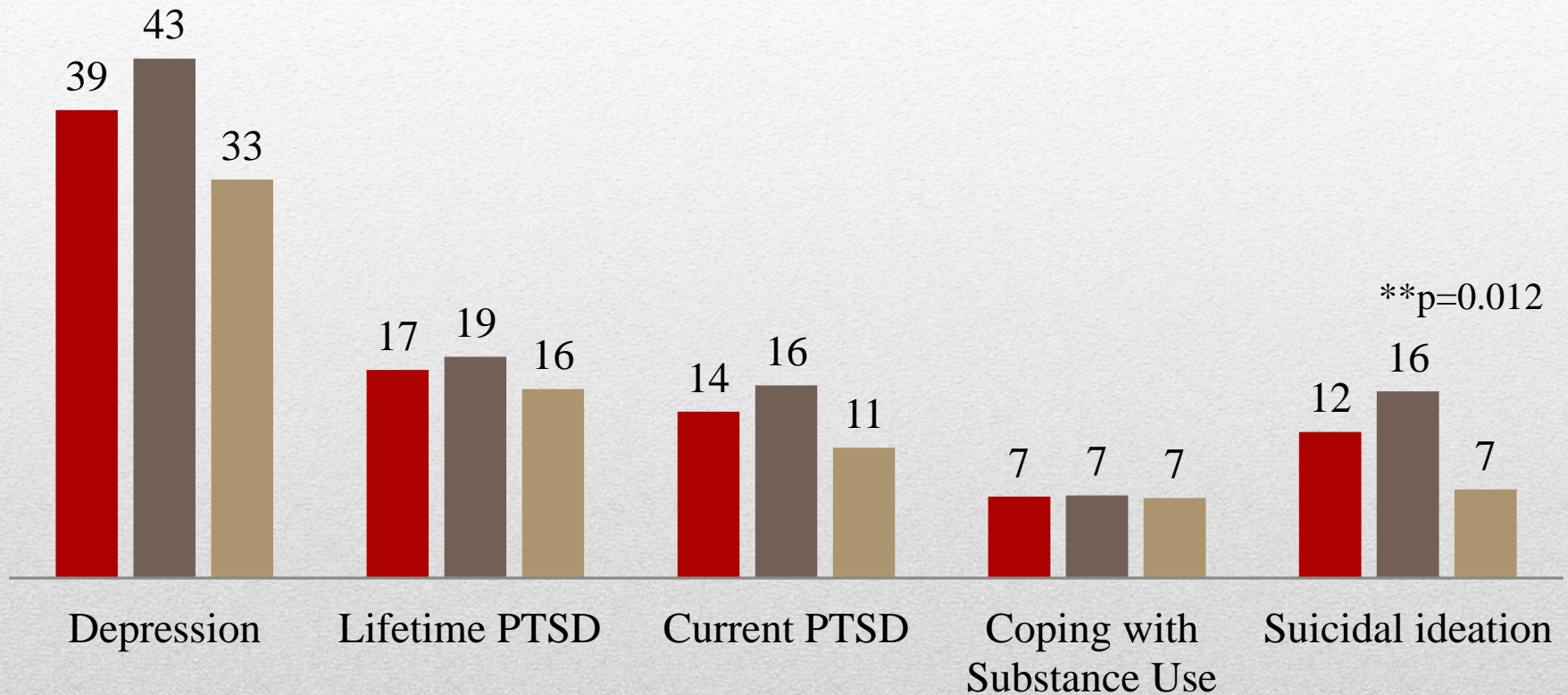


Perceived Stress

% reported

■ Total ■ Female ■ Male

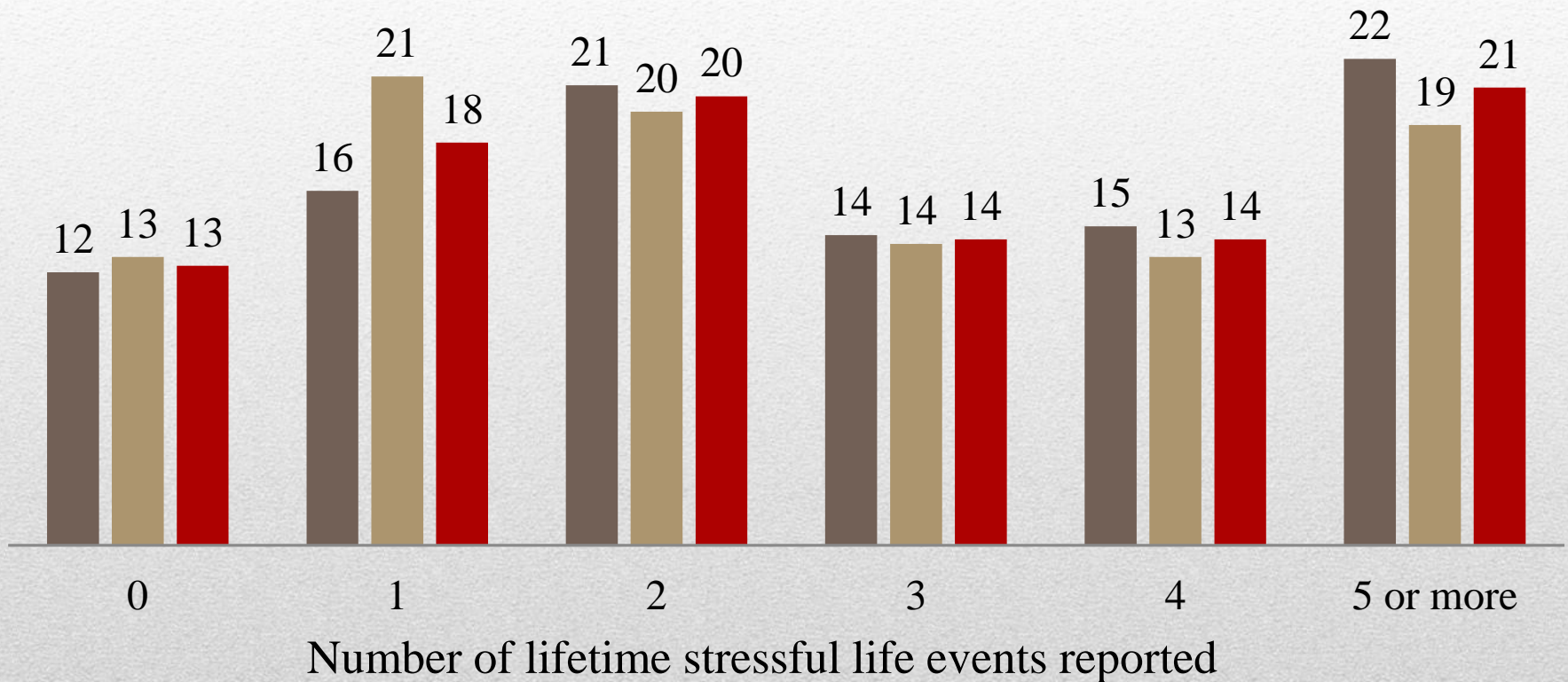
*p=0.035



Mental health symptoms

% number reported

■ Female ■ Male ■ Total



Cumulative stress

Which Stressors Are Related to Depression Symptoms?

- Witnessing Parent-Partner violence (pushed, slapped, hit, punched)**
- Witnessing Parent-sibling violence (not including a spanking)*
- Witnessing violence (beating, shooting, stabbing)**
- Dangerous neighborhood perception*
- Worried about not having enough food or housing*
- **Worried about not being loved*****
- **Worry about personal safety*****
- Perceived stress level***

* $p < 0.05$; ** $p < .01$; *** $p < 0.001$

Lifetime PTSD Symptoms

- Witnessing violence (shot, stabbed, beaten)*
- Being forced to have sexual intercourse*
- **Worried that you might not be loved*****
- Having been hit or assaulted by a girlfriend or boyfriend**
- Having had someone close murdered*
- Perception of stress (none vs. high)**
- Cumulative life events**

Current PTSD Symptoms

- Witnessing Parent-partner violence*
- Witnessing parent-sibling violence**
- Witnessing violence (shot, stabbed, beaten)*
- Witnessing murder**
- Worry about personal safety***
- Perception of living in dangerous place***
- Worried that you might not be loved*
- Perception of stress (none, moderate vs. high)***
- Cumulative life events***

Which Stressors Are Related to Post Traumatic Stress Disorder Symptoms?

* $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$

Which Stressors Are Related to Coping with Substance Use (alcohol & illicit drugs)?

- Witnessing parent-partner violence*
- Witnessing violence (shot, stabbed, beaten)**
- Witnessing murder**
- **Worry about not being loved, valued, appreciated*****
- Having been assaulted by a girlfriend/boyfriend***
- Perception of living in dangerous place**
- Perceived stress (none vs. a lot)***
- Cumulative life events*

* $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$

Which Stressors Are Related to Suicidal Ideation?

- Witnessing parents physical abuse of siblings**
- Witnessing violence (shot, stabbed, beaten)**
- Perception of living in a dangerous place**
- Worry about personal safety**
- Worry about not having enough food or housing**
- **Worry about not being loved, valued, appreciated*****
- Having been assaulted by a girlfriend/boyfriend*
- Perception of high stress level***
- Cumulative life events***

* $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$

Co-occurring Symptoms?

- 11.4% reported both depression & lifetime PTSD symptoms***
- 9.7% reported both depression & current PTSD symptom***
- 4.9% reported depression & substance use***
- 2.2% reported lifetime PTSD symptoms & substance use**
- 9.7% reported depression & suicidal ideation***
- 4.9% reported lifetime PTSD & suicidal ideation***
- 2.7% reported current PTSD symptoms & suicidal ideation*

p<0.01; *p<0.001

Long Term Effects of Exposure to Violence?

- South Florida community cohort of 1803, 6th to 9th graders
- Depressive or anxiety disorder measured at 19 to 20 years
- 14.8% reported losing their home due to a natural disaster

(Turner & Lloyd, 2004; Eitle & Turner 2002)

Exposure to Community Violence & Mental Health

- **Associated with Depressive or Anxiety disorder:**
 - **Witnessing violence against mother/female relative**
 - 21.4% total; 24.5% female; 17.2% male
 - **Witnessing someone shot or attacked**
 - 36.5% total; 26.6% female; 46.3% male
 - **Witnessing someone seriously injured, shot, attacked**
 - 31.8% total; 25.7% female; 37.7% male
 - **Forced sexual intercourse**
 - 7.3% total; 10.7% female; 2.6% male
 - **Intimate partner violence**
 - 9.5% total; 11.3% female; 5.0% male
 - **Having had someone close murdered**
 - 39.5 total; 38.2% female; 40.2% male

(Turner & Lloyd, 2004; Eitle & Turner 2002)

Long Term Effects of Exposure to Violence (ETV)?

- Adverse Childhood Experiences (ACE) Study (CDC)
- Childhood ETV associated with Adult outcomes:
 - Depression and anxiety disorders
 - Attempted suicide
 - Substance abuse
 - Intimate partner violence

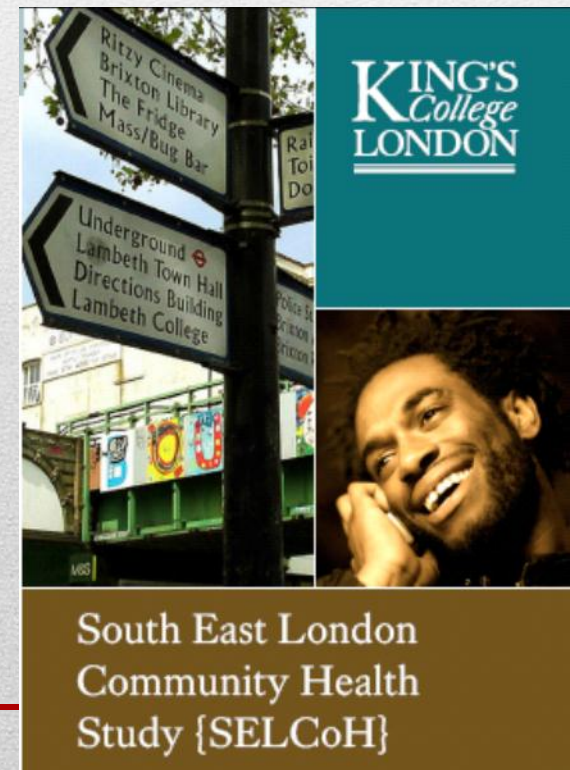
<http://www.cdc.gov/ace/publications.htm>

Long Term Effects of Exposure to Violence?

- Increase in the number of lifetime sources of ETV (witnessing, victimization, and perpetration) related to Adult outcomes:
 - Depression and anxiety disorders
 - PTSD
 - Illicit drug use
 - Hazardous alcohol use

SELCoH website:

www.kcl.ac.uk/innovation/groups/selcoh



How can we better understand ETV & Mental Health?

- Further identification of types of exposure to violence:
 - Witnessing
 - Victimisation
 - Perpetrating
 - Use multiple informants (close friends, parents, teachers, neighbours)
 - Identifying patterns along a continuum of Resilience
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